

Dear Meadowlark Extension District Supporters,

Please review our early spring edition of the Meadowlark Extension District “Extension Response” that highlights some of the programs offered by our District Staff and volunteers. Our focus is on solving grand challenges around water, health, global food systems, vitalizing our communities and growing tomorrow’s leaders.

Sincerely
David Key

Meadowlark Extension District Director

Global Food Systems

Calving Schools Continued Success

The Meadowlark Extension District has hosted multiple calving schools with the latest school held in January at the Northeast Kansas Heritage Complex in Holton. KSU beef veterinarians presented this year’s program with the aid of a life size cow model and her two rubber calves.

Over 160 people participated in this year’s school. When asked what impact this would have for their farm or ranch, 50% of the participants expected to change when or how they would provide assistance. Seventy-five percent of the survey respondents expected to make changes in the method of providing assistance and 63% are expecting to change cow herd management to improve calf health.

After this year’s calving season ends a follow up survey will be sent to participants to evaluate practice change after attending the school.

Health

Walk Kansas, a Health Initiative

Walk Kansas an eight-week team-based health initiative for all fitness levels is once again a popular program in the Meadowlark District. Forty-three teams with 244 participants have accepted the challenge to collectively walk across the state.

Less than half of Kansas adults meet the minimum recommendations for physical activity—150 minutes a week of moderate exercise. Participants log minutes of moderate or vigorous exercise daily and report online or to a team captain. Activities besides walking such as strengthening exercises, yoga, bike riding, team sports and others count toward Walk Kansas minutes. A weekly newsletter features motivational messages that focus on healthful lifestyle habits.

Growing Tomorrows Leaders

Project Mastery

One of the essential elements 4-H is known for is the development of project mastery. Competency of skills of youth members is fundamental to the program. In today’s busy world, there seems to be less opportunity for this interaction to occur at the club level. To answer this emerging need, project meetings or project fair trainings have been developed by District Extension staff reaching nearly 180 4-H youth and leaders in the District in the last four months.



Community Vitality

Family Budgeting

It has been widely reported that household savings rates in the United States are lower than in many other counties.

Do you and your family have a realistic family budget for the way you live your life today? Does it support your family goals and vision? Maybe some of the financial “rules” or “guidelines” need to be adjusted to fit your lifestyle now. During the past few months, the program “Spend Some, Save Some, Share Some: Family Budgeting” was presented to 37 lesson leaders, reaching at least 75 unit members concerning how families budget.

Global Food Systems

Brome Fertility Plots Expanded

For the past five years, the Meadowlark Extension District has hosted a regional brome fertility plots in cooperation with the K-State Research and Extension Agronomy Department. The brome research plots have looked at the effect of nitrogen, phosphorous and sulfur treatments to determine where we get our yield responses.

This year’s plots will be replicated four times and include numerous treatments to take a look at various facets of a brome fertility program. In addition to harvested yields from these plots, weekly readings are being taken with a GreenSeeker Handheld meter. The primary focus of GreenSeeker work to date has been in wheat, corn, and grain sorghum. This effort seeks to evaluate whether there is a place for this type of technology in forage production.

Growing Tomorrow’s Leaders

I Pledge My HEART

With only 48 hours advanced notice, Meadowlark Extension District 4-H Families, 4-H alumni and generous, caring community members in Nemaha County collected over 100 dozen cookies, paper products, disposable dinnerware, and laundry detergent for the workers helping with the southwest Kansas wildfire recovery. The Jeff and Melinda Jones 4-H family from rural Seneca, with ties to the Ashland community, delivered the donated items to Ashland over spring break.



Community Vitality

Delia and Perry PRIDE Communities Recognized by Kansas PRIDE

Volunteers for the Perry and Delia PRIDE Programs were recently named 2017 PRIDE Community Partner Award winners. The City of Perry and the Prairie Band Pottawatomie Nation were recently recognized for their volunteer efforts with the Perry and Delia PRIDE Programs respectively. Community partners, whether they be businesses, organizations or individuals, are an integral part of a vital community.

Delia PRIDE was also recognized as a 2017 Partners in PRIDE Award winner. With their award comes \$1,100.00 in funding to be used for a landscaping project in their community.

Meadowlark Extension District – Nemaha, Jackson, and Jefferson Counties

K-STATE Research and Extension

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